

ABSTRACT OF THE DISCLOSURE

Dried foods infused with inulin are provided, especially whole fruit pieces. Such products are characterized as food pieces having a water activity ranging from about 0.15 to 0.5. The foods can comprise about 1% to 30%
5 inulin. The inulin has a D.P ranging from about 2-9. The products are shelf stable and provide high levels of fiber. The inulin bearing dried products can be added to other foods such as Ready-to-eat cereals base to provide high fiber blended products without need to altering the characteristics of the cereal base or its method of manufacture. Methods of preparing dried inulin infused fruit
10 products are described comprising the steps of providing a quantity of un-comminuted food pieces having a moisture content ranging from about 40% to about 95%; infusing the food pieces with an inulin wherein the inulin has a degree of polymerization ranging from about 2-9 to form an at least partially inulin infused food piece; and drying the inulin infused food piece to a finish
15 water activity ranging from about 0.4 to 0.55.